

Exercise Classes offered each week at JCC

First time trying any fitness class at JCC is always free!

Zumba-Josie Shatto *Mondays and Wednesdays @ 4:30pm*

Join Josie as she helps to elevate your workout . She has fun filled music and dance. Come join the "Party" and dance your way to a new you!

Spinning-Laurette Horn & Nancy Snyder

Laurette's classes are Mondays and Wednesdays @5:00pm

Nancy's classes are Tuesdays and Thursdays @ 3:45pm

Torch calories and change your physique with Laurette and Nancy. One of our oldest but most effective exercise classes. Don't let the name fool you, it's a workout!

Cycling-Angie Bentz *Wednesdays and Fridays @ 6:00am*

Take biking to whole new level with Angie! She has also added weights and core work to intensify and compliment her Cycling session, check it out!

Hard Core-Dawn Milligan *Tuesdays and Thursdays @ 4:30pm*

An excellent session that combines so many levels of fitness together! Dawn helps you feel the burn with heart pounding music to help change your body.

Core and More-Dawn Milligan *Tuesdays and Thursdays @ 6:00pm*

Want to strengthen your core? Then check out this class, But be ready, she doesn't mess around. Dawn means business with this class.

Body Rock-Sadie Robbins *Mondays and Wednesdays @ 5:45pm*

Sadie's awesome answer to help you shred the pounds quickly! Using today's popular music, she will help you burn calories and leave feeling great!

Yoga-Paul Vesperry & Hannah Harris

Hannah's classes are Monday and Wednesdays @ 5:30pm

Paul's classes are only on Thursdays @ 5:30 and 6:40pm

Let Paul & Hannah lessen your stress levels and also increase your flexibility with Yoga. They offer both beginners and advanced classes.

TABATA-Eme Miller *Tuesdays and Thursdays @ 5:30pm*

Not for the faint of heart, this class will challenge even the most fit! Eme leads you through 4-8 exercises that can and will push you to the limit!